

## PNMI SA/Co-Occurring Residential Rehabilitation

### ***Treatment:***

SA counseling 14 to 16 hrs. per wk focused on ASAM deficits in Level III.3 and III.5 ( individual, family, group)

45 days

Skill Building to address areas of: problem solving, decision making, judgment, insight/awareness, self-regulation, motivation.

### ***Targeted Outcomes:***

- 1) Development of a balanced daily routine: nutrition, hygiene, chores, self-administered medications, exercise, sober fun, vocational pursuits
- 2) Recognizing and expressing adverse effects of addictive disease on life
- 3) Identification of personal skills and strengths: what works; problem solving skills
- 4) Identify reasons to protect recovery: hopes and dreams/future oriented, values identification
- 5) Able to tolerate, regulate and express feelings and cravings: coping/grounding/self regulation, managing impulsivity, mindfulness, anger management skills
- 6) Ability to identify and interrupt thinking distortions and automatic defenses: pattern interruption/enhancing readiness to change, addressing criminal thinking
- 7) Identify relapse warning signals and skills to avoid relapse:: taking care of needs
- 8) Healthy relationships: boundaries, communication, reinforcing prosocial behavior, promoting personal responsibility
- 9) Has an involved support system: sponsorship, other supports
- 10) Strong aftercare plan: housing, finances, self-help, medical, vocational, reintegration

### ***Services:***

- Medication Assessment/Management/monitoring/self administration
- Transportation provided for community integration
- Therapeutic milieu counseling
- Case Management/community integration/housing/health care
- Psychiatry
- Nursing

- Crisis Support
- Individual counseling
- Group Counseling
- Family Counseling/family supports
- Treatment Planning/goal setting, case planning
- Assessment
- Vocational/job search
- Personal Care/life skills

***Continued Treatment:*** for further development of above skills and stabilization

for an additional 45 to 90 days

***Housing:***